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**SURE, HE'S PRETTY —
BUT CAN HE SPANK?**

SKARSGARD? PATTINSON? GOSLING?
TWITTER ALL AT WITNER OVER
WHO SHOULD BE CAST IN
50 SHADES, THE MOVIE **PAGE 10**



**CELEBRATING
75
YEARS**
**RED RIVER
COLLEGE**

Let's Celebrate!

Alumni Gala

October 18, 2013

rrc.ca/75years



BLUE BOMBERS STILL ALIVE

Johnny Sears, left, is tackled by the Montreal Alouettes' Marc-Olivier Brouillette during the game in Montreal on Monday. Thanks to a game filled with turnovers, the Bombers walked away with a 34-27 win. Story, page 25. GRAHAM HUGHES/THE CANADIAN PRESS

Local charity looks for cash

Agape Table has a campaign on right now to raise \$200,000 to upgrade their cramped kitchen in order to feed more people **PAGE 2**

Baby born on a jail cell floor in 2012 dies in hospital

Police in Ontario are investigating the sudden death of the one-year-old boy who was born prematurely in an Ottawa detention centre last year **PAGE 6**

Migrants detained in Russia

Russian police on Monday swept through a vegetable warehouse, rounding up more than 1,000 migrant workers **PAGE 4**



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A Thanksgiving tale: Two weeks, 30 turkeys, 350 guests

New kitchen.

Charity Agape Table raising money to provide more meals



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A labour of love two weeks in the making helped kick off the Thanksgiving weekend for hundreds of people Friday morning.

Local charity Agape Table held its annual Friday Thanksgiving meal at the All Saints Church near the Manitoba legislature.

Martina Richter, executive director of Agape Table, said staff and volunteers have been cooking turkeys — they needed more than 30 of them for their estimated 350 guests — in the church's small kitchen two at a time for just over two weeks.

"Our kitchen is very small;

four people is a crowd in that kitchen," she said as volunteers carried plates of food around her to the guests.

"We really had to prep a lot of stuff beforehand. It's a good thing we have one of those big soup kettles."

Richter said even in the tight confines, they never lose sight of their goal — to make all of their guests feel like family as they share their meal.

Agape Table has a campaign on right now to raise \$200,000 to upgrade the kitchen.

Sandy and Garth, who did not provide their last names, said they'd gone to the church for the \$1 breakfast and were delighted when they found out they'd be getting a free Thanksgiving meal instead.

"It was awesome," said Sandy, adding her favourite part of the meal was the turkey. "You don't get that (turkey) often during the year."

Among the notable Winnipeggers volunteering their time to serve the meal at Agape Table on Friday was former



Martina Richter, executive director of Agape Table, shows a bucket full of paper tickets, which stands for all of the Thanksgiving meals that had been handed out midway through their event on Friday. BERNICE PONTANILLA/METRO

Winnipeg Blue Bomber and Shawarma Khan restaurant owner Obby Khan and Elm-

wood-Transcona MP Lawrence Toet. Another Thanksgiving

meal took place on Monday at Siloam Mission, serving hundreds of Winnipeggers.

Reel Pride still reeling 'em in after 26 years



A screenshot from My Prairie Home, which screens at the Reel Pride festival this week. REEL PRIDE/HANDOUT

Movies may be more available than ever before, but organizers of this year's Reel Pride say the film festival is in no danger of becoming extinct any time soon.

The 26th edition of the GLBTQ film festival will take place Oct. 15 to 20 at the Gas Station Arts Centre. While on-demand and streaming video services provide blockbusters at the click of a button, Reel Pride offers fare not readily available any-

where else, according to Eric Plamondon, the festival's chair of marketing and communications.

"People say, why not just download it or get it on Netflix? The answer is there is still limited access to films that have queer content or are made by queer filmmakers," Plamondon said.

This year's lineup includes the world premiere of local filmmaker Noam Gonick's Pussy Fingers Goes to Paris,

director Alain Guiraudie's Stranger by the Lake, the documentary I'm a Porn Star by Saskatchewan-born writer/director Charlie David and nearly a dozen shorts including the locally produced Space Hotel.

In addition to the screen fare, Reel Pride 2013 will offer a series of workshops, a performance by Polaris Music Prize-nominated musician Rae Spoon and an art installation constructed by members

of a youth group from the Rainbow Resource.

Attendance for Reel Pride has been steadily increasing the past few years and Plamondon said he expects the trend to continue for this year's festival.

"It's a large, diverse group that comes to the festival," he said.

A full schedule of Reel Pride screenings and events is available at reelpride.org.

JIM TIMLICK/FOR METRO

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Teasers Burlesque Palace. Man charged following driving rampage outside strip club

A man is behind bars after police allege he went berserk behind the wheel following his eviction from a strip club early Sunday.

The man was with friends at Teasers Burlesque Palace on Archibald Street when he was kicked out for disruptive behaviour around 12:50 a.m.

That's when police say he got into a grey Chevrolet Impala parked in front of the club and rammed a taxi parked in front of him several times.

After a quick drive around the block, the driver returned and again slammed into the cab, which this time hit the cabbie who was standing near his car.

Police allege the driver

If you know anything

- Anyone with more information is asked to call investigators at 204-986-6271.

then decided to add more charges to his growing list by driving onto the sidewalk, hitting three more people.

The driver got out of the car and tried to run, but several onlookers were able to hold him until police arrived.

A 23-year-old man is facing numerous charges in connection to the rampage and for his alleged impairment at the time. **METRO**

Archibald St. Charges laid following crash with train

A driver is lucky to be alive, but is now facing a number of charges after police say he tried to beat a train at a crossing in south Winnipeg Saturday and failed.

Emergency crews were called to the rail crossing near Archibald Street and Fennell Avenue around 9:50 p.m. after the driver of a Mazda 3 ignored the signal lights and warning bells at the crossing and

plowed straight into a train.

The car caused "significant damage" when it struck the second engine of the train, according to police, but amazingly, no one was injured.

Adam Norton, 29, has been charged with dangerous operation of a motor vehicle, failing to comply with the conditions of an undertaking, driving while disqualified and failing to stop at a railway crossing. **METRO**

West Kildonan

Bust nets million-dollar marijuana haul

Two people are facing drug charges after Winnipeg police conducted a million-

dollar raid of a West Kildonan home on Thursday.

Police said members of the Tactical Support Team and uniform patrol searched a house in the 400 block of McAdam Avenue and found 913 marijuana plants, with an estimated street value of \$1,022,560. **METRO**



Flood evacuees have been out of their homes for two years and the cost to house and school them is rising. DAVID LIPINOWSKI/THE CANADIAN PRESS

Care for 2011 flood evacuees in limbo

\$86-million bill. MANFF no longer wants responsibility of overseeing aid

Four months after Ottawa asked the Red Cross to look into caring for about 2,000 flood evacuees in Manitoba, responsibility for their care is in a state of limbo and the bill for their food and shelter is hovering around \$86 million.

The federal government asked the charitable organization to conduct a needs-assessment of the long-term evac-

uees in June, with a view to having it assume responsibility for their care, a process which was expected to be complete by August.

Four months later, that needs-assessment has been completed, but no one will say what it says or if the Red Cross is taking over.

Celine St-Louis, manager of public affairs for the Red Cross, declined an interview request and referred all questions to the federal government, since "it's their process."

A spokesperson for Aboriginal Affairs and Northern Development Canada said Friday they were "working on a re-

sponse."

The Manitoba Association of Native Firefighters (MANFF) has been overseeing aid for the evacuees since they were forced from their homes by the 2011 spring flood. The association said in the summer it no longer wants that responsibility.

The association's handling of the long-term evacuation has come under fire, with reports that the number of evacuees grew well after the waters receded. One hotel owner complained that the association failed to pay millions of dollars in bills and a former employee of the association publicly ac-

cused it of squandering money on unnecessary overtime for relatives.

The organization is now being audited by Ottawa.

Back in June, Manitoba Aboriginal Affairs Minister Eric Robinson said the Red Cross was "better suited" to take over from the aboriginal firefighters' association.

Robinson said the federal government wanted the transition to take effect by the end of the summer.

In the meantime, the cost of caring for the long-term evacuees continues to rise by \$1.5 million a month.

THE CANADIAN PRESS



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Transit Tuesday



Weekly Transit News Update

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For your safety and convenience, Winnipeg Transit offers Request Stop service that allows riders to get off the bus between regular stops. This service is available from 7 p.m. until the end of service. Inform your operator at least one stop ahead of the requested stop – then exit at the front door only. Please keep in mind, the operator might not be able to accommodate your request due to road safety concerns.

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Try Dart, the “Dial-A-Ride Transit” service for residents living in selected areas of south and southeast Winnipeg. DART buses operate during off-peak hours only and are cell phone equipped. Call 204-287-3278 (BUS-DART) and speak to the bus operator to arrange pick-up from your home to or from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

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People detained by police line up for identity checks at a vegetable warehouse on the outskirts of Moscow on Monday. DENIS TYRIN/THE ASSOCIATED PRESS

Workers hit by race riot, then cop raid

Russia. Warehouse had been the target of people seeking justice for stabbing death

Russian police on Monday swept through a vegetable warehouse, rounding up over 1,000 migrant workers, checking their documents and loading them onto vans to be investigated for criminal activity.

The raid came the day after demonstrators, angry over the stabbing death of an ethnic Russian man, descended on the warehouse where they be-

lieved the killer was working, throwing bottles and trash, smashing windows and turning over cars. Police detained hundreds of rioters.

Men who worked at the warehouse in Biryulyovo were marched outside. Dozens of people gathered at the market nearby to pledge their support to the rioters, venting their anger at the migrants from the predominantly Muslim Caucasus region, whom many Russians accuse of pushing up the crime rate and taking badly needed jobs.

Andrei Galiakberov, spokesman for the Moscow police, described the roundup as part of a “pre-emptive raid”

and said that some detainees are being investigated for possible criminal connections.

Police also said that they found a car full of cash and unlicensed arms.

Elvin Khassan, who moved from Azerbaijan to Biryulyovo, faced off with an ethnic Russian man who was waving photos of the suspected killer in his face, shouting, “You are hiding one of your own! Hand him over!”

Most of those in the crowd said they supported the rioters, who they said could be relied on more than the police to protect the neighbourhood.

“They protected us; they are patriots,” said Elvira Ab-

Ethnic tension

Standoffs are becoming more common between ethnic Russians and natives of the Caucasus.

- Even though Caucasus natives are from the same country, they are required to register in order to live in Moscow and face racial discrimination.

losimova, a retiree. “They had a little riot ... and attracted attention (to the issue).”

THE ASSOCIATED PRESS



Ex-Nazi officer Erich Priebke

PLINIO LEPRI/THE ASSOCIATED PRESS FILE

No resting place for the wicked

What to do with the body of a Nazi war criminal no one wants?

Rome's mayor, police chief and the pope's right-hand man have all refused to grant former SS captain Erich Priebke a church funeral in the city where he participated in one of the worst massacres in Italy. Now there's the added question of where to bury

him, since Rome, his adopted homeland of Argentina and his hometown in Germany won't take him.

Priebke spent nearly 50 years as a fugitive before being extradited to Italy from Argentina in 1995 to stand trial for the 1944 massacre at the Ardeatine Caves outside Rome, in which 335 civilians were killed.

He died Friday at age 100 in

the Rome home of his lawyer, where he had been serving his life term under house arrest.

His death has tested the church's capacity for mercy and forgiveness and its need to prevent public scandal. There is a seemingly intractable conflict between respect for the dead and that owed to the victims of the Holocaust.

THE ASSOCIATED PRESS

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Baby who was born in jail dies only weeks after first birthday

Autopsy scheduled.

Julie Bilotta mourns the loss of her son Gionni, whom she was forced to give birth to in an Ottawa cell

Police in Cornwall, Ont., are investigating the sudden death of a one-year-old boy who was born on the floor of an Ottawa jail cell in September 2012.

In a statement on their website, police said they responded to a Cornwall home shortly after 5 a.m. Sunday for a 13-month-old child without vital signs. The boy was later pronounced dead in hospital.

On Sunday morning, the boy's mother, Julie Bilotta wrote on her Facebook page:

"How could this happen to us life will never be the same! We love you Gionni mommy will be with you soon."

Bilotta was in jail last year



Julie Bilotta, who gave birth in an Ottawa jail cell in September 2012, holds her son at the Elizabeth Fry Society of Ottawa on Oct. 18, 2012, after being granted bail in Cornwall. Cornwall police are now investigating the death of the one-year-old boy. JOE LOFARO/METRO FILE

facing drug trafficking and fraud charges in April. She was forced to give birth in a jail cell after guards allegedly ignored her pleas for help. The incident

sparked outrage among the public and some correctional and medical staff involved in the incident were disciplined.

An autopsy is scheduled in

the coming days.

"As is the provincial standard, such cases are automatically investigated by the Regional Coroner's Office, with the

assistance of the police, to attempt and determine the cause and manner of death," the police statement says.

Bilotta's lawyer, Lawrence

Greenspon, told Metro the boy had suffered respiratory problems "on and off," since birth.

SEAN MCKIBBON/METRO
WITH FILES FROM JOE LOFARO

On social media

Photos of baby Gionni eating birthday cake seem to indicate he was healthy enough for a party. But on Oct. 6, Bilotta wrote, "My poor baby was sick all night."

- In a followup reply, she said Gionni had been having breathing trouble so she took him to hospital.

- Condolences flowed on Facebook. Lisa Lynne Lauzon wrote, "He was so so beautiful Julie and you will forever carry him in your heart! I can't even imagine. I'm so sorry may god be with him; all your family at this time."

New research

Chemical linked to possible risk of miscarriages

New research suggests high levels of BPA, a chemical in many plastics and canned-food linings, might raise the risk of miscarriage in women. The work is not enough to prove a link, but it adds to "the biological plausibility" that BPA might affect fertility and other aspects of health, said Dr. Linda Giudice.

THE ASSOCIATED PRESS

Asia

Canada to give Laos \$1M to help with cluster bombs

Canada is planning to answer a plea by the South Asian country of Laos and restart funding to help it cope with its infestation of deadly cluster bombs, The Canadian Press has learned.

Foreign Affairs Minister John Baird is to announce a \$1-million contribution during a trip to Laos Tuesday.

THE CANADIAN PRESS



Digital memories of hajj

A Muslim pilgrim poses for a picture on the Mountain of Mercy, near the holy city of Mecca, Saudi Arabia, on Monday. Around sunset, the pilgrims on hajj leave Mount Arafat and head eight kilometres to Muzdalifa, a desert plain where they collect pebbles. Those pebbles will be used in a symbolic stoning of the devil that begins Tuesday, marking the start of the three-day Eid al-Adha feast, celebrated by Muslims around the world. AMR NABIL/THE ASSOCIATED PRESS

B.C. man thankful for help getting new trailer

It was a Thanksgiving Stephen Chalmers will never forget — the good nor the bad.

Chalmers suffers from multiple mental illnesses and fell into a deep depression after the power was accidentally cut a month ago to his home in the Beladean Trailer Park in Surrey, B.C.

He had accepted a buyout from the landlord to leave the property, but discovered afterward that he couldn't because his leaky 1989 trailer is too old and broken down to be accepted at most other trailer parks.

His sister, Marilyn Chase, doesn't have a computer or use the Internet, but with Metro's assistance, she started a \$5,000 fundraising campaign to buy her brother a used but newer trailer. By press time Monday, the campaign had raised \$4,660.

"As far as I can understand, it seems to be pretty successful, which is really amazing to me, all these people who don't know us from Adam are pitching in. It's wonderful," she said.



Stephen Chalmers METRO

"It means that I can sleep at night, because I know that my brother's not going to be stuck there forever and ever."

The search is now on for a trailer dealer or seller who is willing to offer a great deal on a used trailer for Chalmers — one that doesn't leak and has functioning propane and water hookups.

Chalmers said because of the campaign, he sees "a light at the end of the tunnel" that wasn't there before, but wanted to stress that there are still eight other tenants at the park

who are just as scared and confused about their future as he is.

"I'd like to thank everybody that's helping me, but I really need everybody to help them, too," he said through tears.

KATE WEBB/METRO IN VANCOUVER

How to make a donation

To donate to the campaign, visit metronews.ca/newtrailer





Obama delays meeting with deal possible

U.S. President Barack Obama helps bag sandwiches with furloughed federal workers volunteering at a Martha's Table kitchen in Washington, D.C., on Monday. Hopes grew Monday for heading off a U.S. government default and ending a partial government shutdown after optimistic predictions from the often antagonistic congressional leaders at the centre of the talks — Senate Majority Leader Harry Reid for the Democrats and Senate Republican leader Mitch McConnell for the Republicans. The two men met twice Monday, their sessions sandwiched around a White House announcement that Obama was calling them and the party leaders in the House for the second time in less than a week to discuss the economy-threatening crises. The meeting was postponed indefinitely to give the two lawmakers more time to work. T.J. KIRKPATRICK-POOL/GETTY IMAGES

\$5M African prize for accountability goes unclaimed

Study. Mo Ibrahim Foundation finds 32 countries have seen a decline in safety and the rule of law

Accountability on the African continent did not have a good 48 hours. On Sunday, the African Union said an international court should delay its trial of Kenya's president. And on Monday, the Mo Ibrahim Foundation declined to give its annual good governance award — and \$5 million US prize — to any former African leader, saying none had earned it.

A new study released by the foundation on Monday found that 32 countries on the continent have seen a decline in safety and the rule of law

The Hague



Kenya's President Uhuru Kenyatta, centre left, is due in The Hague, Netherlands-based ICC next month, but there are growing indications that he will not go.

- Kenyatta and Deputy President William Ruto both face International Criminal Court charges for allegedly helping to orchestrate 2007-08 post-election violence.

- In a summit of African leaders on Sunday, the African Union said it would petition the UN Security Council to have Kenyatta's case deferred.

since the year 2000, as violence inside borders rises.

Mo Ibrahim, a British mobile phone magnate who was born in Sudan, said his foundation should not lower its standards in order to present

the award every year. Some of the more than 50 countries in Africa are still ruled by men who stay in office for decades. Others are accused of backing deadly wars or committing war crimes. **THE ASSOCIATED PRESS**

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ENERGY 106

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ENERGY 106.EE

Research. Ford, U of M aim to jolt development of electric car batteries

Ford Motor Co. and the University of Michigan are opening a new battery research and manufacturing lab that they hope will speed the development of batteries for electric and hybrid cars.

The centre, on the university's campus in Ann Arbor, Mich., will bring together battery makers, car companies and researchers who will test new batteries for prototype vehicles.

Not buying it

1%

Electric cars have been slow sellers, making up less than one per cent of U.S. auto sales last year.

Ted Miller, who manages battery research at Ford, said the lab will be unique in the U.S. **THE ASSOCIATED PRESS**

Call and response. HTC follows Apple's lead with new fingerprint sensor

At your neighbourhood coffee shop, you can order your beverage in small, medium or large. Now, you can do that with phones, too.

HTC Corp. is introducing a larger version of its popular HTC One phone, becoming the latest phone maker to offer its flagship device in three sizes — and, of course, three prices.

The new HTC One Max has one feature unavailable on the smaller models: a fingerprint identification sensor similar to that on Apple's new iPhone 5S. It's an optional way to unlock a phone without using a four-digit passcode. Unlike Apple's version, however, the Max can be programmed to automatically open one of three favourite apps, depending on which finger is used.

HTC spokesman Tom Harlin said the company designed the Max with a fingerprint sensor to make the larger device easier to operate with one hand. Engineers also moved the power button to the side.



The new HTC One Max phone will have one feature unavailable with the smaller models: a fingerprint identification sensor similar to that on Apple's new iPhone 5S.

HTC CORP./THE ASSOCIATED PRESS

On smaller models, it's on top of the phone, when held vertically. **THE ASSOCIATED PRESS**



Carpenter Daniel O'Sullivan, of Ireland, poses for a photograph in Vancouver, B.C., on Saturday. Some don't agree with the B.C. Construction Association's recruitment drive in Ireland, where the association plans on hiring 600 people. DARRYL DYCK/THE CANADIAN PRESS

Canada looks to fill skilled labour gaps

Touchy topic. While employers recruit workers from Ireland, debate rages at home on how to fix the tradespeople shortage

Jingoism or reality?

"There are British Columbians and Canadians that probably could do those jobs."

Tom Sigurdson, executive director of the British Columbia and Yukon Territory Building and Construction Trades Council

The current shortage of skilled tradespeople in Western Canada is so dire that the B.C. Construction Association is returning to Ireland this month to hire 600 people, said the group's vice-president.

In fact, even if one-in-five students graduating from high school in B.C. during the next three years were to pursue a trade, there still wouldn't be enough workers to fill shortages in the province's construction industry, said Abigail Fulton.

Not everybody agrees with the recruitment drive, especially the province's labour leaders who argue employers can find skilled, unionized Canadian workers to fill immediate, vacant positions.

Yet, a consensus is developing that there will be a

shortage of skilled workers in the coming decade, as proponents of the liquefied natural-gas industry, hydro-electric projects and oil and gas pipelines push their proposals forward.

"There's lots of evidence to suggest we're not doing enough to train construction workers in skilled trades in British Columbia, and if even half these projects come through we're going to have a crisis unless we start now to deal with the problem," said Jim Sinclair, president of the BC Federation of Labour.

THE CANADIAN PRESS



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THE CHEEKY SIDE OF SCIENCE

This week I learned something that is going to radically change the way you pose for photos. Are you ready for it? Make sure to work your angles ladies and gentlemen because the left side of your face is actually more attractive than the right.

While each one of us believes that we're a unique snowflake with different flattering (or not so flattering) facial features, research shows that we actually all look our best from a specific angle. A 2012 study published in the Experimental Brain Research science journal found that men and women perceive and rate the left side of the face to be more pleasant and visually appealing than the right. Now before you develop a complex about your hideous right cheek, I'll let you in on the science behind this quirky fact.



SHE SAYS
Jessica Napier
metronews.ca

The left side of the face is more emotive, which means we express our emotions more intensely on the left compared to the right. Researchers argue that this facial asymmetry is theoretically the result of a left brain/right brain divide. The right side of the brain regulates our emotional thought and expression; and since each hemisphere controls the opposite side of the body, our emotions register more powerfully on one half of our face.

Still with me?

Essentially, the emotional right brain causes the left side of your face to appear more easy-to-read and consequently, more attractive. Unless of course that powerful emotion leaves you with a furrowed brow and red-eyes while sobbing, in which case you better hope no one is sitting to your left.

If you've ever sat for a graduation portrait or a professional headshot you'll recall the painful process of tilting your chin ever so slightly up and to the right, to achieve the most photogenic angle. And a quick survey of Instagram photos reveals that even the most casual snap-happy users have caught on to our preference for left-sided selfies.

Even before the days of smartphone cameras (or any type of cameras for that matter) artists preferred to paint portraits this way as subjects who were painted in left-cheek poses were perceived to be more open and creative and yes, more beautiful. The famous Mona Lisa of course has her best cheek forward.

So next time you find yourself in front of a camera and insist that you be photographed from your "good side," you'll actually have some science to back up those high-maintenance demands.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

I'm going to go out on a limb



COURTESY A.MASOW DESIGN STUDIO

New way to climb a tree invented

The Tree in a House design provides the ultimate retreat from the hustle and bustle of city life.

"We were approached by a client who wanted a place to meditate and relax on the weekend," says designer Aibek Almasov of A.Masow Design Studio. He continues: "the cylindrical shape provides relaxing, 360-degree panoramic views." **METRO**

Four-storey glass house a sanctuary

The four-storey sanctuary in Almaty, Kazakhstan — prefabricated in a factory and delivered to the forest floor — will be constructed from glass and metal, with plasterboard inner dividing walls and wooden flooring. Indeed, living here is far from getting back to basics with the 'tree house' boasting a kitchen, bio toilet and even a shutter, should you want to keep any peeking critters at bay. **METRO**



Can't see the house through the trees. COURTESY A.MASOW DESIGN STUDIO

Cost

\$381,000

is the cost of the project.

Height

12.7 m

or 42 feet, is the height of the building.

Worth Mentioning

Insect's last supper discovered ... 46 million years later

In a steamy tropical forest 46 million years ago, a prehistoric mosquito bit a critter, drew blood and was blown into a lake in what is now the northwestern state of Montana. Belly full, she died and sank.

Flash forward to the present. Researchers found the minuscule female insect fossilized in a paper-thin piece of shale — which had sat in someone's basement for 25 to 30 years with other rocks — and concluded it still contains its last supper. A study in the Proceedings of the National Academy of Science reports a first for biology: A blood meal found intact in a fossil.

While the scenario sounds eerily similar to the Michael Crichton book and movie Jurassic Park, no new



This insect drew blood in its last meal, was blown into a lake, belly still full. THE ASSOCIATED PRESS

T. rexes will result.

Unfortunately for would-be dinosaur cloners, the mosquito flew long after dinosaurs went extinct, and its meal was probably blood from a dino descendant, a bird.

Scientists have long thought that DNA from other critters couldn't survive in insect fossils, said the study's lead author. So this is more of a look-what-we-found, that starts out like early chapters of the sci-fi thriller.

THE ASSOCIATED PRESS

Twitter

@metropicks asked: Google wants to attach your name, photo and product review to ads. Is this intrusive or innocuous?

@theaveragetwit: Will this be my big break at becoming a model? #google

@ShonaLiz: I already opted out. Same reason I quit facebook — too intrusive and too much work to always check to opt out

@cynthiabrigg: As a blogger ALWAYS looking for exposure, I love this idea! But I appreciate that it can be opted out of, too.

@MA6hp: If google wants to use my name in an ad, they should have to pay me.

@MariapiaW: Beyond intrusive for me. Glad I was never really active on it.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

DVD review



Pacific Rim

Director. Guillermo del Toro

Stars. Idris Elba, Charlie Hunnam, Rinko Kikuchi

●●●●

Getting in touch with your inner 12-year-old, as Guillermo del Toro sincerely hopes you will via this robots versus monsters mash-up, has never been this big, loud or awesome.

Even if you smirk at the plot conceit of mind-linked humans inside skyscraping robots fighting blockbuster sea beasts, the technical prowess on display can't help but impress.

In mounting this tribute to the Japanese movie monsters he has adored since childhood — dino-sized Godzilla, of course, but also the likes of multi-headed Ghidorah, spiky Rodan and winged Mothra — del Toro and his team have laboured to make a complete sensory experience.

Through the welcome presence of Rinko Kikuchi, del Toro has also taken pains to put an intelligent and resourceful woman into his testosterone-rich scenario.

Robots, monsters and gender equality, too? Pacific Rim is more than just a blockheaded blockbuster. Extras include a commentary by del Toro, deleted scenes and making-of featurettes.

PETER HOWELL

Fifty Shades of speculation

Charming. Powerful. Controlling. Fit. Who will take over the role of Christian Grey, now that Sons of Anarchy star Charlie Hunnam has quit Fifty Shades due to "scheduling difficulties"? The moviemakers, including author E.L. James, have the benefit of being able to look to social media for suggestions.

And the leading favourites are:

METRO WORLD NEWS

Alexander Skarsgard

The True Blood star has the right look, what with his sexy vampire eyes. Says Kerry Gooderson on Twitter: "Haven't even read Fifty Shades but if Alexander Skarsgard was in it I might be persuaded to see it!"



Ian Somerhalder

Another bloodsucker, this time from Vampire Diaries. Says Monique Black on Twitter: "Please please please pick Ian Somerhalder to replace Charlie Hunnam in 50 Shades Of Grey movie!! #happygirl-severywhere"



Matt Bomer

The openly gay star of White Collar gets a vote, too. Says Ashleigh on Twitter: "sorry but literally THE only thing that would make me remotely interested in the 50 Shades film would be Matt Bomer"



Taylor Kinney

Lady Gaga's boyfriend stars on Chicago Fire. Says Shirley Rodriguez on Twitter: "Just heard @TaylorKinney111 has been nominated to be #CHRISTAINGREY #50shades. So estatic to hear this! Perfect match"



Robert Pattinson

American Psycho author Bret Easton Ellis claimed that "E.L. James and I were at Rob Pattinson's house when she admitted Rob was first choice for Christian." Now's his chance! (Ellis, by the way, votes for porn star James Deen.)



Ryan Gosling

Not gonna happen, ever, sorry ladies. Just teasing — we thought you liked that. Now... more importantly... who's gonna replace Dakota Johnson?



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Tom Hanks never misses the boat — even when it stinks

Captain Phillips.

Actor endured some cramped and smelly situations filming in an enclosed lifeboat



NED
EHRBAR
Metro World News in Hollywood

Tom Hanks has faced plenty of acting challenges over the course of his career, but the tiny, enclosed lifeboat used in *Captain Phillips* definitely stands out for him.

"I'm not a particularly claustrophobic person, but it was a very small space," he says. "Environmentally, it does a lot of the work for you. It's a very

uncomfortable space. It smells horrible. The air is bad. It's hot. And you are right on top of each other. There's a lot of places to bonk our head and crack your knee. We all did that. Everybody had all sorts of various scars."

Hanks stars in the film as the titular Captain Phillips, whose cargo ship was famously hijacked by Somali pirates in 2009, and he insists those less-than-ideal working conditions are actually a huge help. "(Director) Paul (Greengrass) sets up an environment that is very realistic, and I can't imagine doing it any other way," Hanks says.

"There's ways that may have been more pleasant but for everything we needed to go through as actors, that tiny,

hot, cramped place with only two little windows on it was a great advantage for us."

The film's crew did try their best to make the cramped environment at least a little more tolerable, but to no avail.

"At one point, they built rubber seats for some of the fight scenes," Hanks remembers, but "literally the rubber seats flapped around. So, we said, 'Guys, we don't think rubber seats are going to work.' So they took those out. We had a little bit of matting on the steel deck of the floor. But, by and large, it's a tiny space and it got pretty physical in there sometimes. We all got nicks and bruises."

But really — and Hanks can't stress this enough — the smell in the replica lifeboat was truly terrible.



Captain Phillips opened on Thanksgiving weekend. CONTRIBUTED

"It stank horribly. It was stuffy and small," he says.

"But the actual lifeboat smells even worse because it reeks of diesel fumes, and we had some vomit in there at some point. That's always fun. It was really filthy by the time we got out of there."

While Hanks has racked

up plenty of heroic roles — with many based on true stories — he regrets to report that very little of that heroism has rubbed off.

"I'm just a guy who's got a pretty good gig pretending to be other people," he says.

"Hero' is almost like a branded term now. It's ban-

died about all the time. People get labelled it left and right. In the end, heroes are ones who voluntarily walk into the unknown and try to do the right thing. It's all relative. Everybody has variations of it. Sometimes it's death-defying and sometimes it's just living up to one's responsibility."



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kanye keen to wed Kim... I wouldn't rush in if I were him



STARGAZING
Malene Arpe
scene@metronews.ca

Kanye West has reportedly been begging Kim Kardashian to get married, but she's in no hurry. Well, Kanye can take comfort in knowing that once they're finally married, she'll be in a hurry to get a divorce.

Alan Thicke says he thinks his son Robin and his son's wife Paula Patton are poised to become the new Brangelina if they'd only "adopt a few Ethiop-

ian kids." Coincidentally, a majority of people think Alan Thicke could be the height of class if he'd only adopt the habit of not saying stupid bleep.

Beyoncé is releasing a 2014 calendar. It has three months: Beyoncéptember, Beyonovember and Beyoncébruary.

The producer of Dexter blames Showtime for not allowing the writers to let Dexter die in the finale. Everybody needs to calm down about this. How else would Showtime's new sitcom Brody & Dex: Fun-Loving Fugitive Lumberjacks Perhaps Hiding in Canada work?

Ben Affleck and Justin Timberlake's Runner Runner bombs. The two per-



formers will deal with the psychological scars as soon as they dig themselves out from under their money, Grammys, Emmys, Golden Globes and Oscars.



Justin Bieber

Bieber plays the tough guy behind his wall of security

Justin Bieber can't seem to keep himself out of trouble. The Canadian pop star reportedly started a fight in a nightclub in Seoul, South Korea, by sucker-punching Alex Madden, the tour manager of DJ Michael Woods, according to E! News. "Story is (Bieber) and his army of heavy security muscled into the booth halfway through my set in South Korea demanding hip-hop," Woods posted to Twitter following the altercation. "So when I told (Bieber) to f--- off and put some clothes on he took a cheap shot at my tour manager and fled behind a wall of security." Witnesses report seeing a shirtless Bieber acting "aggressive" with Woods and Madden before ordering one of his security guards to slap Madden. When the guard refused to obey, Bieber reportedly punched Madden in the face and quickly fled behind his bodyguards.

Twitter



@AlbertBrooks

I wonder how many people in Congress are getting rich by shorting the stock market.



@HackedOffHugh

Apropos of nothing - Boris is paid £250,000 a year by Channel Islands resident twins, is chum of Murdoch and would like to be Tory leader.



@PattonOswalt

Just saw CAPTAIN PHILLIPS. I had the same ordeal in '05 but not on a boat & no pirates. They mixed up my order at Rally's.



Jennifer Lopez

The Smart money is on JLo and Casper splitting

Jennifer Lopez and boyfriend Casper Smart haven't been photographed in public in more than three weeks, and apparently there's a reason for that. Sources tell Radar Online that the couple is heading for a split — and even went through a mini-breakup this summer. "Jennifer is pretty

private about the relationship, but she's been hinting that the spark is gone," a source says. "She's having a hard time ignoring the fact that her head has been telling her for a while that this thing with Casper isn't forever. And now her heart's saying the same thing."



Brittany Spears. ALL IMAGES GETTY

Spears' amazing body in new video may be a HOAX

Britney Spears has been getting loads of praise for her impressive physique in the video for her new single, Work B—, but it looks like she had a little help. HOAX Films, the visual effects studio that performed some digital "cleanup" work on the video,

briefly released and then took down pre-editing images that show a slightly heavier and wider Spears than the one that appeared in the final video. After removing the images from its site, the studio's reps did not reply to a request for comment.

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Elisha Dacey

Half Off: Live healthy as a default

Six weeks ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciva and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off (metronews.ca/half-off).

It's been a tough couple of weeks for Dacey — moving and getting settled in a new house, gallbladder surgery in September — so you won't be surprised to learn that her weight's been roller coastering (she gained and then lost several pounds over a few weeks). The good news: Dacey is back on track and focusing on her weight loss goal.

"I'm getting there!" she says.

Coaches Cieciva and Albert understand it's challenging when life throws a curve ball, but point out that making healthy living a habit makes it way easier to manage.

"Learning to maintain healthy habits through stressful times is critical to long-term weight loss and maintenance — and to managing stress and feeling good every day," said Cieciva.

Many dieters give in to stress.

"But you only get to do this when you are healthy and at a goal weight, and not before. If every stressful week lands you in that mindset, you will never get there," says Albert.

YILVA VAN BUUREN/FOR METRO

Baby bumps and knocked-up diets

Interview. Hilaria Baldwin speaks to Metro about her new fitness DVD and how she lost weight after having her daughter

ROMINA
MCGUINNESS
life@metronews.ca

As she launches her new Prenatal Yoga DVD, Fit Mommy-To-Be Hilaria Baldwin talks to us about her shrinking tummy and post-baby runs.

Many women assume you need to wait at least six weeks after giving birth before they start exercising again. You waited, what, two weeks?

Fitness is something I've done ever since I could walk — I exercised almost every single day of my pregnancy. I walked, did yoga, ballet barre and up until the fifth month, jogged. I wanted to keep circulation in my body and never got swollen feet, ankles or legs. I obviously gained weight, but nothing extreme. There was some fat — as there should be — but I ate well.

What kind of yoga were you doing?

Think about what's going to prepare your body for delivery: you need a strong pelvic floor and you want the baby to travel further downwards. I did a lot of squatting, open



Hilaria Baldwin lets moms-to-be in on some fitness secrets. CONTRIBUTED

twists and hip openers — helping everything release and go down.

Were you on some special knocked-up diet?

It's a diet, but it's not dieting. I ate the stuff I was eating before, just more quantity. So a lot of healthy whole grains, because folic acid is great for the baby's brain development, vegetables, a lot of almonds and walnuts and I added fish to my diet — I'm normally a vegan. I wasn't chowing down on doughnuts. A lot of people were like, 'This is your time to eat sugar!' I didn't want to do that. It wasn't healthy for me or for my baby. It's not a vanity contest.

What, so no cravings?

I think of cravings as, 'I must have this or I'm going to kill somebody.' I never had that. At the beginning I really wanted pineapple and citrus because I was nauseous. It was, 'What can I eat that's not going to make me sick?' And I was a happy pregnant person.

You gave birth and two weeks later, your stomach was pretty much flat! I saw a picture on Twitter.

It's the most bizarre thing. My husband (who has a cameo in the video) and I would laugh because every day we'd wake up and it had shrunk — it was literally going down day by day. At first I was like, 'Oh my God, it's going to be six months and I'm still going to look

pregnant!' A lot of it is breast feeding — this is something I didn't know: it burns a lot of calories.

Up to 500 a day, I think

That's what I heard. It stimulates contractions in your uterus that help it return to its normal size. If I'm frank with you, it was the most painful part of my entire pregnancy. But at the same time, I'm looking down at my baby and she's so cute and she's starving. But I enjoy it now.

What advice would you give those new moms who are reluctant to exercise?

If you go little by little, you're always in control; you're not going to get hurt. Be smart, but don't be afraid. Your body is still your body. In the hospital, I started walking up and down the corridors, stretching my ankles and promoting circulation in my arms and legs. The day I got home, my husband and I went for a walk. I was surprised by how tired I was. ... It's hard! You've lost a tremendous amount of blood and you're light headed, but everyday I just felt better and better to the point where I had the guts to do more. I started by giving myself full, very slow yoga classes and by the two-week mark I went to a ballet barre class. After three weeks I went for a jog. My daughter was born five weeks ago today and at this point, I'm doing everything. Did I feel as strong as before? No. But my body told me I was OK and I could go.

What's scarier than a ghost? Anal glands and wood pulp

Trick or treat.

Halloween candy can have some terrifying ingredients. Here are five to watch out for

ANDREA
PARK

Metro World News

Halloween is right around the corner, but it's not just the costumes that are scary. Halloween candy can be full of frightening ingredients that may have long-term consequences for your children's

health.

These ingredients are derived from anything ranging from beavers' anal secretions to wood pulp. Vani Hari, food activist and blogger, told Metro to be careful when letting your kids dig into their Halloween loot.

1. Trans fat

Watch out for trans fat in candy and don't be fooled if the packaging boasts, "Zero grams trans fat!" Hari said that if the candy has less than 0.5 grams trans fat, the company is allowed to write zero grams trans fat on the



Halloween candy has hidden dangers. ISTOCK

label. But even in such small quantities, Hari said trans fat can be harmful. "Even a small amount of partially hydrogenated oil is linked to heart disease," said Hari. "It hits the arteries hard."

2. Food colouring

Yellow 5, Yellow 6, Blue 1, Blue 2 and Red 40 are all common ingredients in candies like gummy bears, Sour Patch Kids, Twizzlers and Skittles. The Center for Science in the Public Interest in the U.S. released a study linking these additives to hyperactivity, cancer and allergies.

3. High fructose corn syrup

High fructose corn syrup is the most refined sugar available, and Hari pointed out that it is also genetic-

ally engineered. She added that the long-term risks of GMOs are still very much unknown.

4. Vanillin

Vanillin is made from wood pulp that is oxidized in a lab — and may be carcinogenic.

5. Natural flavours

"These can be anything under the sun that comes from nature, including beavers' anal glands," said Hari. Flavour manufacturers are not required to disclose what makes up these "natural flavors."

3
THE

Scarification as an alternative to tattoos

Scars. As opposed to typical tats, the skin is cut, etched, burned and branded into a image that is an inkless tattoo-like scar

When Holly Mosienko decided to cover up an unsightly scar on her leg, she stayed away from typical solutions, like plastic surgery or make-up. Instead, she opted for more scarring — this time, in the shape of a tribal dragon.

The procedure, known as scarification, is a form of extreme and permanent body modification that is offered in many tattoo and piercing stores across the country and is gaining popularity.

It involves a process in which one's skin is cut, etched, burned or branded into a design to create an inkless tattoo-like scar. Though it is not as widely practised as tattooing or piercing, it has been around for just as long.

"Branding and cutting is not all that different from tat-

tooing," said Mosienko, 51, who runs a piercing store in Peterborough, Ont.

"It's popular. I'd say it's even more interesting than getting a tattoo."

Mosienko says she chose scarification for practical reasons. A lover of body art, she knew covering up her scar — caused by surgery — with a tattoo would be too painful. The constant pressure of a needle over scar tissue would be unbearable. Rather, she chose to have the design etched into her skin.

The entire process — from sketching the design on her leg to the actual cutting — took about an hour.

Mosienko's artist, 45-year-old Blair McLean of New Tribe Tattoos and Piercings in Toronto, says there are many misconceptions about the practice.

He says scarification often hurts less than a tattoo; in fact, all forms of scarification occur on the same level of the skin as tattoos: on the dermis, far above fatty tissues and muscle matter.

The practice is illegal in some countries such as the

United Kingdom and several U.S. states. Most recently, the practice was banned in Arkansas, though that bill was overturned after public outcry against the decision. Winnipeg declared the practice illegal in 2008.

A spokesman for the Ontario Ministry of Health and Long-Term Care says there can be severe health risks that result from having these procedures.

"Because certain body modification practises break intact skin and mucus membranes through cutting, burning and piercing, there is an increase in the risk of scarring, hemorrhaging and psychological trauma as well as exposure and infection with blood borne pathogens, such as hepatitis B, hepatitis C and HIV," David Jensen said.

In Toronto, the public health board monitors tattoo and piercing parlours through regular inspections, though officials say they have yet to come across the practice of scarification, which is considered a "personal service."

THE CANADIAN PRESS



Forget tattoos. Chicks dig scars. NATHAN DENETTE/THE CANADIAN PRESS



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aeroplan

After all that turkey, go green with an easy Chopped Salad

Ingredients

- 2 tbsp (25 ml) PC Roasted Garlic Mayonnaise
- 2 tbsp (25 ml) red wine vinegar
- 1/4 cup (50 ml) olive oil
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1 tub (142 g) PC Organics Baby Romaine, roughly chopped
- 1 small head radicchio, roughly chopped
- Half small head iceberg lettuce, roughly chopped
- 2 cups (500 ml) rinsed and drained canned chickpeas
- 1 inner stalk celery, roughly chopped
- Half small red onion, thinly sliced
- 1 cup (250 ml) cherry tomatoes, cut in quarters
- 1/2 cup (125 ml) pitted green olives, cut in slivers
- 1/2 cup (125 ml) diced sweet red pepper
- 1/2 cup (125 ml) crumbled feta cheese



This recipe serves 12. PRESIDENT'S CHOICE

Want an easy way to contribute to a large family get-together that's healthier than grabbing some frozen apps?

Try this Chopped Salad, which is made in two simple steps and uses a great combo

of veggies.

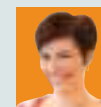
1. In a large bowl, whisk together the garlic mayonnaise and red wine vinegar. Whisk in olive oil, salt and pepper.

2. Add romaine, radicchio, iceberg lettuce, chickpeas, celery, red onion, cherry tomatoes, green olives, red pepper and feta cheese. Toss to coat.

PRESIDENT'S CHOICE

Health Solutions

Pear it up



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Fall harvest is the sweetest time of the year and nothing is sweeter than a fresh pear.

The skins of pears contain three to four times as much phytonutrients as the flesh, but go ahead, eat the whole thing.

Here are a few savoury ways to work all that goodness into yum beyond the usual sweet snack:

• Toss whole, cored but unpeeled pears into butternut squash soup.

• Halve, core and grill pears. Top with blue cheese and pecans and place atop a bed of greens.

• Mash a very ripe pear in a blender with 1/4 cup extra virgin olive oil, 2 tbsp apple cider vinegar plus 1 tsp hot mustard. Use this as a salad dressing or fish drizzle.

• Add a couple of pears, skin on, to roasted root vegetables. They will soften and sweeten the dish.

• Chop pears into cooked whole grain pasta with cooked bacon or pancetta. Toss with extra virgin olive oil, pepper and parmesan cheese.

Any time you think apple, stretch a bit and go pear. You won't regret it.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Lunch. Arugula Salad with Crispy Prosciutto and Shaved Parmesan



Arugula's peppery bite marries perfectly with radicchio's bitterness in this Italian-inspired salad.

1. In nonstick frying pan heat 1 tbsp (15 ml) olive oil over medium heat; cook prosciutto for 2 to 3 minutes per side or until browned and crisp. Drain on paper towel. Tear into large pieces and set aside.

2. In large bowl, toss together arugula, radicchio and cherry tomatoes.

3. In small bowl, whisk together 1/4 cup (50 ml) olive oil, vinegar, salt and pepper; pour over arugula

mixture and toss to coat. Transfer to serving platter. Top with prosciutto and Parmigiano. **PRESIDENT'S CHOICE**

Ingredients

- 1 tbsp (15 ml) olive oil
- 3 slices prosciutto
- 1 tub (142 g) PC Organics Baby Arugula
- Half head radicchio, torn into bite-sized pieces
- 1 cup (250 ml) cherry tomatoes, halved
- 1/4 cup (50 ml) olive oil
- 2 tbsp (25 ml) balsamic vinegar
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 1/3 cup (75 ml) shaved Parmigiano Reggiano

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And here's your moment of Zen

Meditative moments.

The author of *Walk Like a Buddha* describes how a sense of being present can improve your relationships, social life and work

MAJA LUNDAGER PEDERSEN

Metro World News in New York City

Take a posture that's dignified but relaxed: Sit up straight, and feel grounded as you sense your weight pressing into the floor.

Now connect with your breath. Tune into the rhythmic cycle of your breathing and let that breath centre you in the present moment. When you get distracted, say "thinking" to yourself and come back to the breath. You are now ready to start walking like a Buddha.

Lodro Rinzler, the author of a new book called *Walk Like a Buddha*, has been practising Buddhism since he



Author Lodro Rinzler says if you start taking even 10 minutes to meditate, you'll notice a gradual change in yourself. ISTOCK

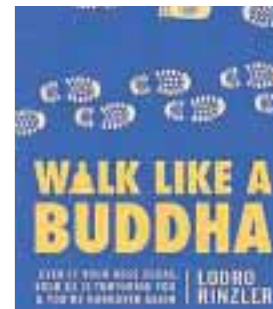
was 11, and says his book is a compilation of questions people have asked him about his faith.

"The Buddha walks with a sense of being present with what is," Rinzler says. "And that's what the book com-

municates. How much can we show up and manifest and be there for our life? Even when our boss is yelling at us, even when we are making love, even when we are out with friends on a Friday night."

The questions revolve

around five points: How to get a meditation practice going, and how to apply that practice to your romantic life, your social activities, your charitable endeavours and your work. Rinzler said he looked for "common themes" when



choosing which questions to feature.

One statement the author was particularly struck by was, "I don't feel worthy of being loved." He says that based on his experience, that feeling most often originates with something underlying — that the person has been told he or she is not good enough, smart enough, pretty enough and so on. Rinzler feels that it's a general issue in North America, but that meditation can help.

"We all possess the same seed for waking up, becoming in mind like the Buddha. He

was not so special. We could do that too. We could have faith in a basic goodness or a basic worthiness," Rinzler says.

The author thinks it's worth a try to see if meditation can change something for you. If it doesn't, though, that's OK too.

"More often than not, if you actually do sit down (and take) even just 10 minutes to meditate, you start to notice a gradual change in yourself," he says. "You start to notice that you are being more present when you are having a conversation with someone. You are less reactive. And that feels liberating."

It helped him a lot, especially when his father became ill. Through meditation he realized that the most powerful thing he could do was to just be present for his father instead of constantly trying to talk to all the doctors and fix all situations.

"The question is, do we always have to try to manipulate and control our situation? And the answer is no."

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Forget the turkey — it was a big weekend for celebrity weddings

Stargazing. While you were eating pumpkin pie, a bevy of boldface names got hitched

DOROTHY ROBINSON

Metro World News in New York City

Rose McGowan, 30 Rock's Keith Powell, Mad Men's Ben Feldman, Guns N' Roses' Matt Sorum and Jason Wahler of Laguna Beach got officially hitched on Saturday — but not to each other — while Pharrell Williams celebrated his recent marriage with a big ol' Miami party.

McGowan and Powell each wed artists: McGowan to Davey Detail in Los Angeles and Powell to Jill Knox in New York City.

Feldman decided to take his celebration to the country with his wedding to Michelle Mulitz on a Maryland farm.



Rose McGowan GETTY IMAGES

it matter what her name is?) on Saturday in — where else? — California.

Oh, and Williams had a celebration in honour of his hush-hush August marriage to Helen Lasichanh for friends and family in Miami. According to People, the two were aboard a yacht called Never Say Never before exchanging vows at the Kampong National Tropical Botanical Garden.

And one celeb engagement

Speaking of Wahler, his ex Lauren Conrad became engaged to musician William Tell this weekend — the former Something Corporate guitarist, not the Swiss hero who landed his own overture.

Conrad shared the news on her blog over the weekend, along with a pic of her new bling. Why she didn't want to marry Aaron Burr or another famous figure from history, who knows?

"No amount of thunderstorms, police chases, government shutdowns or self immolations could keep us from having the best party of our lives," he told People.

Sorum wed on Saturday in Palm Springs in front of celebrity guests Jane Lynch, Juliette Lewis and Gina Gershon. Wahler, whose claim to fame is that he was Lauren Conrad's first serious boyfriend, married a model (does

WHERE TO CALL HOME SWEET HOME?

Living on- or off-campus is one of the biggest decisions post-secondary students have to make. It has a large impact on your social, financial and academic life.

Heather Sutherland, the assistant vice-president of ancillary services at Dalhousie University, says many students choose residence for first year.

The main appeal is simplicity, she says, as you pay one bill per semester. If you get an apartment, you will need to save up a damage deposit and hook up cable, Internet, power, water and other services. You will have to pay those bills, along with rent, every month.

“(On-campus) is all-inclusive and you can really focus on your academics and making that transition toward meeting friends and getting involved with university,” she says.

Living on campus means common areas, including washrooms, are cleaned for you, and you don’t have to cook or grocery shop.

“There are a lot of pluses for a lot of individuals,” Sutherland says. “It will make their life much simpler.”



COLOURBOX

Some students live on-campus for their entire degree, taking on leadership roles and helping new students

settle in at school. Most, however, find that by Year 2 or 3 they have a grip on the academic side and want the increased

freedom of living off campus.

The main draws are choosing where to live, with whom you will live (if you have roommates), buying your own food and having your own things. It also means you may be able to bring your pet dog or cat with you.

Living in your own place will have higher up-front costs to set up utilities and buy furnishings, but those costs decrease over the years if you stay in the same place and keep your stuff. Figuring out which costs more depends on a variety of decisions.

Georgian College calculates that renting a room in a four-room house will total about \$569 per month. A two-bedroom apartment will run about \$583 per month per person. Living on campus will cost \$722 per month.

But on-campus rooms have eight-month contracts, compared to a standard 12-month deal for off-campus. That means you will have to find someone to sublet your off-campus room or stay there year-round.

— Jon Tattrie

MAKE A DIFFERENCE WITH PACE PROGRAMS

After a friend who had graduated from the full-time human resource management program at the University of Winnipeg gave Reena Shah some preliminary information about the program and about a career in HR, Shah became enthralled with the prospects of this career.

In 2010, she enrolled in the full-time HR program and is now working at The Metropolitan Entertainment Centre as an HR coordinator, and is earning more than she has in other jobs.

“The courses were inspiring, informative and engaging,” Shah says. “I feel as though my HR initiatives make a profound difference at work and I feel that I am respected and revered as a true HR professional.”

In addition to her HR success, she is also a proud business owner. In 2011, she opened an acting studio for youth, called Expressions Film Studio.

And in December 2012, she achieved the



CONTRIBUTED

prestigious CHRP (certified human resources professional) designation.

“These accomplishments, while very momentous for me, I cannot take full credit for,” Shah says. “I am where I am today because of a well-rounded HR education, inspiring instructors, and supportive friends and family.”

For more information about the human resource management diploma program at PACE, visit pace.uwinnipegcourses.ca.



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REBATE HELPS RETAIN, ATTRACT GRADUATES

Recent post-secondary graduates who would like up to 60 per cent of their tuition returned should consider planting roots and working in Manitoba. The Tuition Fee Income Tax Rebate can be claimed in a period of as little as six years. The program has an annual credit cap of \$2,500 and a lifetime cap of \$25,000.

The tuition rebate builds the province's workforce by attracting and retaining highly skilled and knowledgeable people. Graduates from other jurisdictions are also eligible for the rebate. In fact, anyone working in Manitoba who graduated on or after Jan. 1, 2007, from a post-secondary institution recognized by Canada Revenue Agency (CRA) is eligible to apply for a rebate.

The Manitoba Tuition Fee Income Tax Rebate also offers a five per cent tax credit advance to help stretch education dollars for students who live in Manitoba while attending a post-secondary institution. The program has an annual credit cap of \$500 and a lifetime cap of \$5,000. Amounts claimed as an advance will reduce the Manitoba Tuition Fee Income Tax Rebate earned following graduation.

Application forms are available on the Canada Revenue Agency website. The forms include the T1005 — Manitoba Graduate's Tuition Fee Income Tax Rebate, used to calculate



SYDA PRODUCTIONS/COLOURBOX

the amount to claim on form MB428 — Manitoba Tax. Manitoba students applying for the tax credit advance need to use form MB479 — Manitoba Credits. Applicants should be aware they may need proof of tuition paid or graduation to support claims. CRA form T2202a, a degree, diploma or certificate may be required.

For more information, or to ask about making claims for prior years, call the Manitoba Tax Assistance Office at 204-948-2115 in Winnipeg, or toll free at 1-800-782-0771.

SUPPORT PEOPLE IN ALL WALKS OF SOCIETY

It takes a special type of person to dedicate their lives to helping others.

When it comes to serving clients in hospitals, halfway houses, detoxification centres, or other sensitive environments, community support workers need to have more than just book smarts.

"The challenges of life permeate society," says Fred Standil, instructor, community support worker program, Herzing College Winnipeg. "In a fast-paced world, which is becoming more and more impersonal, people require the human connection more than ever."

Standil says one needs only to look at the range of services available in the community/country to realize the scope of problems, which are widespread throughout society.

At Herzing, the community support worker diploma program responds to the complex nature of the human condition.

"The CSW program prepares students who wish to work in a supportive role with persons from all areas of society," Standil

says. "The focus is on developing empathetic, self-aware people who are open-minded and committed to helping others."

The curriculum includes introductory courses in the fields of psychology and sociology, along with addictions, mental health and counselling components.

"Communication skills, cultural awareness and critical thinking skills are threads which run throughout the programs," Standil says. "Students will be given the tools to develop their skills and to market their abilities while in the program."

Volunteerism, social consciousness and the ability to view issues from both a micro and a macro perspective are hallmarks of the CSW program.

"Mature, kind-hearted, non-judgmental people make good candidates for the CSW program," Standil says. "Unlike other fields, which are specific and technical in nature, this program truly examines the human experience which is common to us all."

For more, visit herzing.ca/winnipeg.



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You don't have to break the bank for massage therapy to be part of your regular maintenance routine.

Pay a fraction of the costs for massage treatment at the Wellington College Student Clinic, while at the same time giving students the hands-on learning required to become a successful registered massage therapist.

"The student clinic is a cost-effective way to get massage therapy, as treatments cost less than half of an average massage appointment and they are completely professional," says Karen Delorme, student and alumni services, Wellington College. "The best thing about coming in for an appointment with one of our students is that you are helping them learn while receiving a great massage at the same time."

While teaching students the technical skills is important, this clinic gives students a chance to be exposed to the real-clinic environment they will face once they have completed their education.

This also gives students a chance to

interact with the public face-to-face and learn to adapt to different clients with different massage needs.

Both a first-year and a second-year student will be present during the massages in the clinic, with one performing the massage, while the other student assists with assessment and overseeing.

While these massages are a great opportunity to support students, they are not covered by insurance.

"While we provide a receipt upon payment, most insurance companies do not offer student coverage, which means that your treatment may not be covered by your insurance plan," Delorme says. "Still, the price is so reasonable that getting a massage at the student clinic is very affordable and can be a part of your monthly routine."

The Wellington College Student Clinic is open to the public Monday to Thursday, from 5:15-8:15 p.m. To book an appointment, call 204-957-2402.

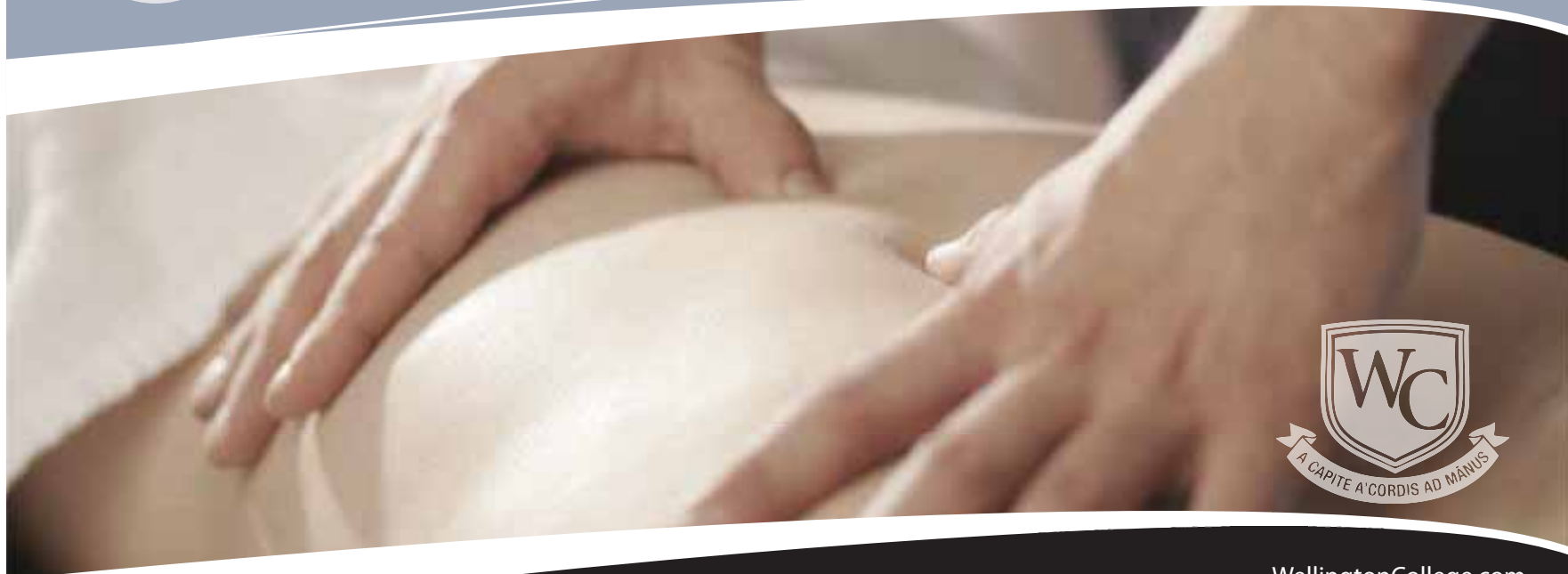
For more, visit wellingtoncollege.com.



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FIND THE RIGHT DESTINATION AT RED RIVER

Getting your career on the right track and headed in the direction you want can be a difficult task.

For those looking for a career as a railway conductor, Red River College's railway conductor program will ensure your career ends up at the right destination.

"The program, in a nutshell, provides a safe environment for people interested in pursuing a career with a railway, to learn about the industry at a number of levels," says Perry Marquis, lead instructor, railway conductor training, Red River College.

The Red River College program is the only college program in Canada that is accredited and provides pre-employment education and training for those who are willing to enter the railway industry as members of train crews.

This program has been designed and developed in co-operation with the railway industry, under the guidance of representatives from railway companies in Canada.

For those interested Marquis says the first step is to attend an information session, which provides an overview of the industry.

"Railways operate 24/7, thus many of the employees are required to work assignments that start at unusual times, or might require employees to be on call 24/7," Marquis says.

"The information session will provide information on the education requirements, medical requirements, legal requirements, with respect to drugs and alcohol, the industry training program, the expectation on employee availability and the lifestyle as it relates to the employees personal life."

Interested applicants will then have a personal interview with one of the instructors to ensure the program is a right fit for both the student and the school.

Students of this 15- week program will gain knowledge in safety, business, communications and wellness with the management of trains, including switching and marshalling cars, transporting dangerous goods, performing inspections, copying authorities and keeping records, all within the context of the Canadian rail operating rules and railway general operating instructions.

For more information, visit rrc.mb.ca.



DARCY FINLEY PHOTO



Railway Conductor Information Session

Train for exciting careers in the railway industry this fall!

Get the theory and hands-on training in a working rail yard needed to launch your career as a Railway Conductor.

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Time: 7:00 pm - 8:30 pm

Location: White Lecture Theatre, 2055 Notre Dame Ave.

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Time: 7:00 pm - 8:30 pm

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CHECK OUT WINNIPEG TECHNICAL COLLEGE

Corporate and continuous learning is a great option for individuals looking to add to their educational or career portfolios through a flexible learning schedule while still working full time.

In the area of personal development, it allows individuals to explore new interests, meet new people and expand their network.

"Winnipeg Technical College (WTC) has a long history of excellence in continuing education and corporate training opportunities," says Chantal Simard, manager of corporate and continuous learning, WTC.

WTC specializes in two main areas — training that is developed specifically for industry needs, and the second relating to individual personal interest.

"WTC prides itself on providing 'just-in-time training' for industry as needs arise, with a strong focus on skills development that allow businesses to keep up with the latest trends," Simard says.

WTC is also a regional Cisco academy,



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offering courses in the area of networking and network security that lead to professional certification in information technology.

Other professional development courses,

such as, the hairstyling exam preparation course, helps individuals refresh their knowledge of theory and practical components that are required to write the trades certification exam delivered through

Apprenticeship Manitoba.

This course will also serve as recertification training for a stylist whose credentials have expired.

A course in voice data video is another preparation course for those looking to qualify for their limited voice data video licence. The exam is done through the office of the fire commissioner.

On the personal development side of continuous learning, courses such as individual fitness leader, in partnership with the Manitoba Fitness Council, will provide the knowledge and skills that will allow individuals to work one-on-one with people to improve their fitness and activity levels.

Another option is the snowmobile maintenance course.

"For those who prefer to stay a little warmer in the winter, a course in medical terminology can allow you to take your career in the direction of a health-care related field," Simard says.

For more information on these and other corporate and continuous learning options, visit wtc.mb.ca.

For registration, contact 204-989-6653.



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TAKE CHARGE AT ROBERTSON COLLEGE

Winnipeg is all abuzz these days, not seeing this level of development in a 100 years. This is good news for local businesses, and great news for anyone looking for employment.

Robertson College has a wide range of business programs to suit your interest and your career vision. Today's hot programs are Internet sales and marketing, accounting specialist, medical office assistant, and legal assistant.

Those with a passion for all things

Internet will be excited by the new business administration—Internet sales and marketing program, focusing on both conventional and new-vision sales and marketing strategies on the web, particularly through social media.

Those with an aptitude for numbers will be in their element in the accounting specialist programming, with bookkeeping, financial accounting, and payroll concepts and practices being the main focus.

And those who know they would thrive

in a fast-paced office environment won't go wrong with the medical office assistant program or the legal assistant program. Other business programs available at Robertson College include administrative professional, veterinary office assistant, software developer, network administrator, and travel counsellor.

All Robertson programs include relevant, real-world content and up to eight weeks of work experience. Robertson College programs help you take charge of your future.

PATAL STUDENTS THANKFUL AT THIS TIME OF YEAR

Thanksgiving is the time of year when we reflect for what we have to be thankful. Thankfulness is something that Patal encourages everyday since it allows us to understand what is important.

Patal asked its students what they were thankful for, and here are some of their replies.

"I am thankful for my health ... I am thankful to Patal for a place to go that is like family... it is like a family setting and I am thankful that I came here ... I

am thankful to the staff (including Fred) because without them I'm not sure what I would be doing ... I am thankful for where I am in life ... this is where I was meant to come ... most people don't ever know what they want to do in life."

"I am thankful for spending Thanksgiving at Patal ... I am thankful to Patal for letting me come back after I messed up ... I am thankful for being able to come every day ... I am thankful for working with everyone in the class and Fred, too."

"I am thankful for my new wife ... I am thankful that I can share my experience with my students and my life lessons."

"I am thankful for coming to school ... the teamwork ... to achieve something ... be self-confident ... having a purpose."

"I am thankful for acceptance ... being identified ... thankful to the people here as they are helpful and are like a family ... the environment relates to my culture and traditional ways."



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Patal. A different school of thought



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Electronic outages such as an Internet shutdown could wreak havoc on financial transactions, which is why it's important to keep a hard-copy backup of important information. ISTOCK

Mad at Rogers? Here's what the cell outage can teach us

Blackout blues. Getting cash, paying bills and trading stocks can all be interrupted when electronic systems fail



YOUR MONEY
Alison Griffiths
money@metronews.ca

Oct. 9, 2013 will go down as the day the world went dark — at least for Rogers wireless customers. OK, maybe that's a bit melodramatic. After all, what are a few hours without cell service?

But as my mother would say daskly, "It's the thin edge of the wedge."

Take the Rogers outage as a warning that electronic systems, from ATMs to email, can fail. And when they do,

the repercussions are annoying at the very least, but in some cases, they're potentially significant.

An Internet shutdown could delay bill payments, triggering penalties or interest charges. Without e-banking, you might not be able to complete a time-sensitive transfer of funds.

And what would happen to last-minute types who couldn't make an RRSP contribution in time?

I kissed thousands of dollars goodbye during the stock market Flash Crash of 2010 when the Dow Jones plummeted about 1,000 points.

I was in Washington, D.C., and dashed to my computer to buy shares of favourites such as Johnson & Johnson, but couldn't remember my trading password. Gmail had seized up, so I couldn't get into Drive, where the information was stored in encrypted form.

Down the drain

I kissed thousands of dollars goodbye during the stock market Flash Crash of 2010, when the Dow Jones plummeted about 1,000 points.

Then, of course, there was the famous blackout of 2003 when the simplest activities from getting cash to gas were impossible. So a word to the wise — be prepared.

Back up critical numbers

Roadside assistance and other important numbers should be in written form and carried with you.

Schedule payments

Have a hard-copy schedule of bills due, phone contacts and personal ID information.

Keep a cache of cash

Have enough for a household to manage for about a week, including gas and groceries.

Back up personal info

Cloud computing makes it easy to relegate data to the cyber sphere. Ensure there's a hard copy available.

Create a backup plan

The day after the Rogers outage, a parent told me that his nine-year-old son was panicked when no one picked him up after hockey practice. Because his cellphone wasn't working he couldn't contact anyone.

Also, he had no cash, no idea how to use a pay phone or how to ask for help. Drill children on what to do in case of a cyber crash. It might be as important these days as a fire drill.



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*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

NHL

Montoya pushing for playing time

Al Montoya made his case for more time in the Winnipeg net after watching the Jets' first five games from the bench.

The Jets' backup goaltender had 24 saves for a shutout as Winnipeg beat the New Jersey Devils 3-0 on Sunday.

Montoya said he was only as good as his team's willingness to play defence.

"The team was communicating with me and really letting me see the puck," said Montoya.

"It's forwards coming back to help out the (defencemen), (defencemen) coming back to help out the goalie. Selflessness out there — that's what we want our identity to be."

Evander Kane scored twice and Andrew Ladd added a goal in the final minute for the Jets as they snapped a three-game losing streak to get back to .500. The Devils are now winless in six games to open the season.

Montoya started only five games in the lockout-shortened 2012-13 season.

"It's not an easy game to play when you watch your team play five and you're under the gun," said Jets coach Claude Noel. "(There was) a lot of pressure on Al. I thought he handled it superbly." **THE CANADIAN PRESS**



The Jets' Al Montoya GETTY IMAGES

Blue Bombers stay out of playoff abyss

CFL. Win in Montreal keeps Winnipeg's faint post-season hopes intact

The odds still weigh heavily against them, but the Winnipeg Blue Bombers' playoff hopes are not dead yet.

Max Hall picked up his first CFL win as a starting quarterback and Will Ford caught a touchdown pass and ran in another as the Bombers staved off elimination with a 34-27 victory over the Montreal Alouettes on Monday afternoon.

Winnipeg's second win in Montreal in 2013 gave them the three-game season series between the clubs by a 2-1 margin, but they will need to win their final three regular-season games and have the Alouettes lose their last three to grab the final East Division playoff spot.

"So you're telling me there's a chance, right?" said Hall. "So we've just got to keep playing. All we can control is winning next week (at home Saturday against Toronto) and, if we can do that, we'll still have a chance."

Clarence Denmark and backup quarterback Jason Boltus also had TDs and Sandro DeAngelis kicked two field goals for Winnipeg (3-12), which ended a four-game losing streak.

S.J. Green and Tyrell Sutton scored and Sean Whyte had four boots for Montreal (6-9), which ended a two-game winning run and wasted a chance to clinch a playoff berth.

The Alouettes turned the ball over seven times, includ-



Bombers Will Ford, left, and Michel-Pierre Pontbriand celebrate Ford's fourth-quarter touchdown on Monday in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS

Week 16

34

Bombers

27

Alouettes

ing three interceptions thrown by starter Josh Neiswander and one by backup Troy Smith.

"Anything we've improved

on, from turnovers to penalties, we did none of today," said Montreal coach and general manager Jim Popp. "There's no excuse. We beat ourselves. You've got to give (Winnipeg) credit. They didn't have to come here and play the way they did, but we gave them a lot, too."

The third-place Alouettes can still finish second in the division and host a playoff game as they head into back-to-back games with the second-

place Hamilton Tiger-Cats, who they face Sunday at home.

Hall, starting a fourth straight game, completed 16 passes for 223 yards. The Bombers ended a seven-game run with fewer than 300 yards on offence by putting up 309.

"I'm not going to lie — that feels really good," said Hall. "I was proud of our guys, with our backs against the wall, to hang in there and get a win. It says a lot about our team going forward." **THE CANADIAN PRESS**

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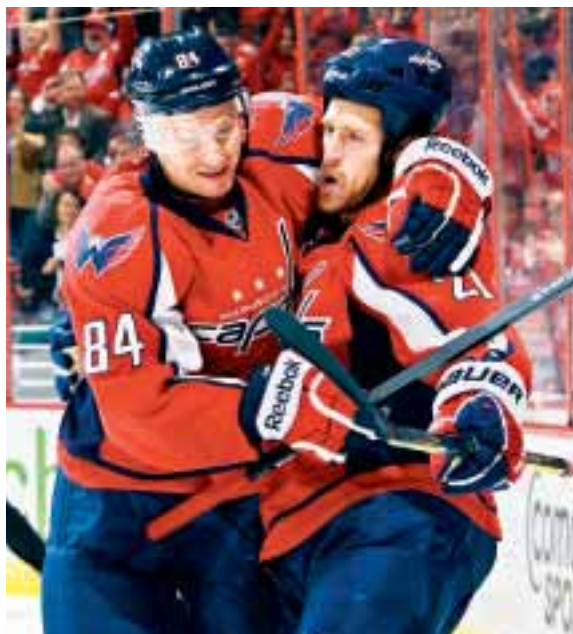
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4 SPORTS

Oilers implode as Capitals push hard in 2nd period



Mikhail Grabovski, left, congratulates teammate Brooks Laich on his first-period goal on Monday night in Washington. GREG FULME/GETTY IMAGES

NHL. Four-minute stretch in middle marks turning point as Washington ends skid

Joel Ward, Alex Ovechkin and Troy Brouwer scored goals in less than four minutes of the second period, and the Capitals snapped a three-game losing streak with a 4-2 win over the Edmonton Oilers on Monday night in Washington.

With the score tied 1-1, Ward took advantage of a power play and scored his first goal of the season at 10:06 of the second.

Ovechkin added his sixth goal 3:12 later, and Brouwer — during another power play — netted his first 43 seconds after that. Nicklas Backstrom assisted on all three goals, scored 3:55 apart. Brooks Laich scored Washington's first goal.

The Capitals scored four times on 20 shots against Ed-

On Monday

4

Capitals

2

Oilers

monton goalie Jason LaBarbera. The Oilers have given up at least four goals in each of their six games.

Boyd Gordon and Will Acton, with the first of his NHL career, scored for Edmonton.

The Oilers took a 1-0 lead 9:48 into the game on Gordon's fourth goal.

Justin Schultz recovered a loose puck near centre ice, skated down the right wing and sent a pass to Boyd Gordon, who flipped a shot past goalie Braden Holtby.

Just 3:53 later, Laich scored his first of the season when he fired a shot past LaBarbera.

THE ASSOCIATED PRESS



Dodgers climb back into NLCS

The Dodgers' Yasiel Puig celebrates after hitting a run-scoring triple during the fourth inning of Game 3 of the National League Championship Series against the St. Louis Cardinals on Monday night in Los Angeles. The Dodgers won 3-0 to make the NLCS 2-1. CHRIS CARLSON/THE ASSOCIATED PRESS

NBA

Rose to return to Chicago hardwood

Chicago Bulls point guard Derrick Rose appears ready to play for the home crowd.

Coach Tom Thibodeau says he expects the former MVP to suit up for Wednesday's pre-season game against Detroit, his first appearance at the United Center since he tore the anterior cruciate ligament in his left knee in the 2012 playoff opener.

Rose, who has played pre-season games at Indiana and against Memphis in St. Louis, missed last season with the injury. He sat out Saturday's game against Washington in Rio de Janeiro because of soreness.

Rose said Monday he could have played but management decided against it.

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Derrick Rose GETTY IMAGES

Canadian soccer. Veteran coach Floro to change the course of national team

Far from home, Canadian soccer is getting a reboot under Benito Floro.

Long, demanding classroom sessions. Detailed video reviews.

"One camp is equivalent to three months of club football," said veteran midfielder Julian de Guzman, who captained Canada last time out.

Floro, 61, brings with him a wealth of experience, having managed clubs from Real Madrid in Spain to Monterrey in Mexico. He's trying to instill that knowledge in a Canadian squad that has seen little success of late.

Floro says he needs a lot more time with his Canadian talent, especially since a lot of the young Canadians in MLS are not starting.

"We need a lot of camps," he said in a media conference call Monday.

Floro's teachings also take time to absorb.

"The experience that we're going through with Benito is kind of a culture shock right now," said de Guzman.

"It's a new kind of mentality and culture to comprehend," he added.

De Guzman says it reminds



Team Canada manager Benito Floro
THE CANADIAN PRESS FILE

him of when he first went to play in Spain at the age of 24 after playing in Germany.

"It was night and day," he said. "So it's going to take time for the Canadian national team and Canadians to understand where he's coming from."

The veteran Spanish coach will see his team in action Tuesday when Canada, ranked No. 106 in the world, takes on No. 53 Australia at Craven Cottage, the west London home to Fulham.

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NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	6	5	1	0	23	15	10
Detroit	6	4	2	0	16	15	8
Boston	5	3	2	0	12	8	6
Montreal	5	3	2	0	17	10	6
Tampa Bay	5	3	2	0	18	14	6
Ottawa	5	1	2	2	11	16	4
Florida	6	2	4	0	13	24	4
Buffalo	7	0	6	1	7	18	1

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	5	4	1	0	20	13	8
Carolina	6	2	2	2	13	18	6
NY Islanders	5	2	2	1	16	13	5
Columbus	4	2	2	0	11	10	4
Washington	6	2	4	0	17	22	4
New Jersey	6	0	3	3	11	21	3
NY Rangers	5	1	4	0	9	25	2
Philadelphia	6	1	5	0	8	17	2

Monday's results

Detroit 3 Boston 2
Washington 4 Edmonton 2
Minnesota 2 Buffalo 1

Sunday's results

Phoenix 5 Carolina 3
Los Angeles 3 Florida 0
Winnipeg 3 New Jersey 0

Anaheim 4 Ottawa 1

Tuesday's games — All Times Eastern

Minnesota at Toronto, 7 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	5	5	0	0	18	4	10
St. Louis	4	4	0	0	19	7	8
Minnesota	6	3	1	2	16	13	8
Chicago	5	3	1	1	15	13	7
Winnipeg	6	3	3	0	17	16	6
Dallas	4	2	2	0	9	11	4
Nashville	5	2	3	0	9	15	4

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	5	5	0	0	24	7	10
Anaheim	5	4	1	0	18	12	8
Calgary	5	3	0	2	18	17	8
Phoenix	6	4	2	0	17	17	8
Los Angeles	6	4	2	0	16	14	8
Vancouver	6	3	3	0	17	20	6
Edmonton	6	1	4	1	19	29	3

Note: Two points for a win, one point for overtime loss.

Chicago at Carolina, 7 p.m.

Vancouver at Philadelphia, 7 p.m.

Edmonton at Pittsburgh, 7 p.m.

Buffalo at NY Islanders, 7 p.m.

Los Angeles at Tampa Bay, 7:30 p.m.

Florida at Nashville, 8 p.m.

Montreal at Winnipeg, 8 p.m.

Columbus at Detroit, 8 p.m.

San Jose at St. Louis, 8 p.m.

Dallas at Colorado, 9 p.m.

Ottawa at Phoenix, 10 p.m.

MLB PLAYOFFS

ALCS

BOSTON VS. DETROIT

(Series tied 1-1)

Sunday's result

Boston 6 Detroit 5

Tuesday's game — All Times Eastern

Boston (Lackey 10-13) at Detroit (Verlander 13-12), 4:07 p.m.

Wednesday's game

Boston (Peavy 12-5) at Detroit (Fister 14-9), 8:07 p.m.

Thursday's game

Boston (Lester 15-8) at Detroit (Sanchez 14-8), 8:07 p.m.

NLCS

ST. LOUIS VS. L.A. DODGERS

(St. Louis leads series 2-0)

Monday's result

St. Louis at L.A. Dodgers

Saturday's result

St. Louis 1 L.A. Dodgers 0

Tuesday's game

St. Louis (Lynn 15-10) at L.A. Dodgers (Nolasco 13-11), 8:07 p.m.

Wednesday's game

x-St. Louis (Kelly 10-5) at L.A. Dodgers (Greinke 15-4), 4:07 p.m.

Friday's game

x-L.A. Dodgers (Kershaw 16-9) at St. Louis (Wacha 4-1), 8:37 p.m.

CFL

WEEK 16

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	15	9	6	0	425	394	18
x-Hamilton	15	8	7	0	384	401	16
Montreal	15	6	9	0	376	419	12
Winnipeg	15	3	12	0	313	486	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Calgary	15	12	3	0	486	349	24
x-Saskatchewan	15	10	5	0	433	325	20
x-B.C.	15	9	6	0	421	390	18
Edmonton	15	3	12	0	349	423	6

Monday's results

Winnipeg 34 Montreal 27

Hamilton 24 Toronto 18

Friday's game — All Times Eastern

Calgary at Edmonton, 9 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
New York	15	9	8	50	39	53
Kansas City	15	10	7	44	29	52
Houston	13	10	9	39	37	48
Montreal	13	11	7	48	46	46
Chicago	13	12	7	44	47	46
Philadelphia	12	10	10	40	40	46
New England	12	11	9	45	36	45
Columbus	12	15	5	40	42	41
Toronto FC	5	16	11	29	46	26
D.C. United	3	22	7	21	56	16

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Portland	13	5	14	49	33	53
Real Salt Lake	15	10	7	55	40	52
Seattle	15	11	6	41	39	51
Los Angeles	14	11	6	51	37	48
Colorado	13	10	9	42	33	48
San Jose	13	11	8	33	41	47
Vancouver	12	11	9	48	42	45
FC Dallas	10	11	11	45	50	41
Chivas USA	6	18	8	29	60	26

Sunday's result

Portland 1 Seattle 0

Wednesday's game — All Times Eastern

Montreal at Los Angeles, 10:30 p.m.

Friday's game

D.C. United at Kansas City, 8 p.m.

Horoscopes

♈ Aries

March 21 - April 20

Some of the things you have to do today may seem dull but there are ways to make them more interesting. There is no such thing as a boring job. It's as exciting as you make it.

♉ Taurus

April 21 - May 21

There is a genuine chance that one of your most cherished dreams will come true by the end of the week. Be super positive about it and don't listen to those who tell you not to get your hopes too high.

♊ Gemini

May 22 - June 21

You will find it easier to understand why some people act the way they do but you won't find it easier to forgive them. You demand certain standards so others need to shape up or ship out.

♋ Cancer

June 22 - July 23

You may have to make a sacrifice today but it will be worth it. Do what others expect of you and, if possible, with a smile on your face. Make life easy for others and for yourself.

♌ Leo

July 24 - Aug. 23

Life may be a serious business but you don't have to be a grouch about it. The planets urge you to focus on the funny side of whatever annoying situation you find yourself in.

♍ Virgo

Aug. 24 - Sept. 23

Mars, planet of energy, moves into your sign today, so you will be pushing yourself even harder than you usually do. That's great but be warned that if you try to do too much too soon, it could all go wrong.

♎ Libra

Sept. 24 - Oct. 23

Why are you looking over your shoulder? Most likely it's the influence of Mars in the most sensitive area of your chart. Ignore it and go about your business.

♏ Scorpio

Oct. 24 - Nov. 22

You can expect amazing times in the days and weeks ahead. You may not want to do anything specific yet but start making plans. Get your friends involved. The more you share, the more you will succeed.

♐ Sagittarius

Nov. 23 - Dec. 21

The movement of Mars across the most ambitious angle of your chart today will help you to believe that all things are possible. However, you must have a clear vision of what it is you want to achieve.

♑ Capricorn

Dec. 22 - Jan. 20

What currently seems difficult is about to come easy. It may even appear to happen as if by magic. The more positive an attitude you adopt, the more fantastic the results will be.

♒ Aquarius

Jan. 21 - Feb. 19

It's not like you to fear what you don't understand but that seems to be the case right now. How do you overcome it? By finding out as much about it as you possibly can.

♓ Pisces

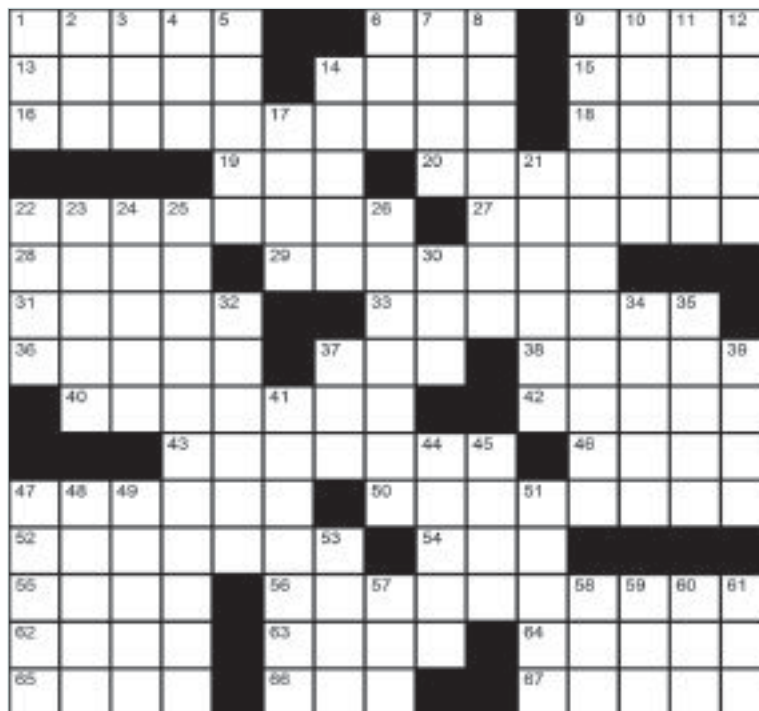
Feb. 20 - March 20

As Mars moves into your opposite sign, you will find some people rub you the wrong way and it could lead to a few bad words between you. Even a Pisces gets snappish once in a while. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. News station on "The Mary Tyler Moore Show"
6. Dictionary abbr.
9. Shut down
13. Eagle's nest [var. sp.]
14. Sacred Buddhist peak
15. Bright fish
16. Mercedes-Benzes: 2 wds.
18. 'Motor' suffix
19. Buck's partner
20. In a dangerous manner
22. ___ Son, as in The Bible
27. In layers
28. River of England
29. Pained: 2 wds.
31. Supermodel Ms. Nemcova
33. Hostilities
36. Family of lambs
37. After-R trio
38. '60s song: "Shake ___ Feather"
40. Gilda Radner character from SNL, Lisa ___
42. Wild dog of Australia
43. Most tidy
46. Egg holders, for short
47. Actor Mr. Wood
50. Yukon: ___ Trail National Historic Site of Canada
52. Labradorite = Feldspar ___



54. "Am ___ brother's keeper?"
55. ___ Seltzer
56. Stories about Vikings, for example: 2 wds.
62. Valley variety
63. Mr. Wyle
64. The end.
65. Director Mr. Pol-

- lack, et al.
66. Classic TV Cousin
67. '50s group, Frankie ___ & The Teenagers

3. Mystery man, ___
4. Ancient war god
5. Rigoletto opera composer
6. Org. for US physicians
7. Author, Earl ___ Biggers
8. Tourist
9. Duncan, BC's huge

- Douglas Fir created attraction: 2 wds.
10. Bit of "Send in the Clowns": "Are we ___?"
11. Soup scooper
12. We'd opposite
14. Pacific place
17. Mr. Bear
21. Irish songstress

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	1	9	6	2	3	8	4	5
2	5	3	8	1	4	7	9	6
8	8	4	5	7	9	1	2	3
6	4	5	1	3	8	9	7	2
3	9	7	2	4	5	6	8	1
1	8	2	9	6	7	5	3	4
4	2	1	7	9	6	3	5	8
5	7	8	3	8	2	4	1	9
9	3	8	4	5	1	2	6	7

3			2		7			
5	9						3	2
	1			3		7		
	4		5	7				6
		5				2		
8				4	2		1	
		8		2			4	
6	2						5	9
			9		3			8

- Ms. O'Connor
22. Bursts balloons
23. "The Fisher King" (1991) Oscar-winner Mercedes
24. Prefix with 'arthritis'
25. Item from her mom's fashion line that Beyonce is wearing in "Single Ladies": 2 wds.
26. French artist, Henri de Toulouse-___ (b.1864 - d.1901)
30. Wildebeest
32. Materialize
34. So much, in music
35. "___ 'the Times'" by Prince
37. Fixed
39. Confused
41. NWT: ___ National Park Reserve
44. ___ kebab
45. Clock purpose
47. Online publications, e.g.
48. Canadian actress, Evangeline ___
49. Signed, as a deal
51. Disinfectant brand
53. Swag
57. Rodent
58. "Judging ___"
59. Ring rock
60. Back then
61. Francisco's friend?

Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 14°
MIN: 4°



MAX: 13°
MIN: 5°



MAX: 7°
MIN: 0°



JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



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